

National Diabetes Education Program
Managing Diabetes Podcast: Brenda
Podcast Transcript

BRENDA: My biggest challenge with managing diabetes had been exercising, definitely. I was never an athlete or liked sports, so exercising for me wasn't fun. I used to have a great metabolism, burning calories and staying in shape, but after having diabetes it wasn't as easy. So to deal with that I decided to take small steps. It was nothing big, just daily small things that you never think about it but it could really help. Just walking to the Metro stop that is further from my office instead of taking the other one that is closest, or taking the stairs instead of the elevator.

We usually eat a lot of rice. Latino people eat a lot of rice; it's our main dish. After being diagnosed, I decided to make some changes to have a better lifestyle. We decided to change some things, like to eat less carbs and we started eating whole wheat pasta. Some days we eat rice but on other days we eat just salad and any protein, chicken with vegetables, things like that.

To deal with diabetes you have to be very consistent. We make sure that we take our medications every night. We try to be very conscious of what we eat. Sometimes we kind of indulge in a dessert or something, but most of the time we just try to eat healthy.

One of the things that I have done is that I haven't been afraid of telling others, family and friends, that I was diabetic. What that does is it helps you every time you are around people, either at get-togethers or having dinner or something, they support you. They bring stuff that you know you are going to be able to eat and that is not going to represent like a temptation to you. That keeps you motivated because you know that the people who care for you they are very conscious of your health situation.